



# Pullman Parks & Recreation

## ...Your Recreation Connection

## November 2019

### Upcoming Events:

- Nerf Rival
- Manners 101
- Gymnastics
- SH Basketball
- Adult Drawing
- Art Classes
- First Aid/CPR
- Evening Circuit Weight Training
- Jesus Christ Superstar Trip

### *Welcome November!*

The incredible fall colors are enveloping our fair city as the air turns crisp and the threat of an early snow looms on the weather forecast. Here at Parks, Facilities & Recreation we are gearing up for winter/spring programming and at the same time thinking about our upcoming move into the new Recreation Center, and the programming challenges we will face being in two places at once. Never fear though we will continue to provide fantastic recreational opportunities for all ages regardless of location. Our fall youth sports season is coming to a close and what a wonderful season it was! We extend a heartfelt thank you to all of the coaches, parents, volunteers and players for making this year a great experience for so many! Don't forget to register your child for Boys & Girls basketball 2020 soon as spots are filling up for the next sports season that begins in January. The winter programs guide will be available in mid December so keep an eye out for those! Connect with us online [www.pullmanparksandrec.com](http://www.pullmanparksandrec.com) or call (509) 338-3227.

### **Contact us!**

#### **Pullman Parks & Recreation**

240, SE Dexter St., Pullman, WA 99163

**Phone:** 509-338-3227

**Rainout Line:** 509-334-3131

**Email:** [recreation@pullman-wa.gov](mailto:recreation@pullman-wa.gov)

**Web:** [www.PullmanParksandRec.com](http://www.PullmanParksandRec.com)

**Facebook:** [www.facebook.com/CityOfPullman/](http://www.facebook.com/CityOfPullman/)

**Twitter:** [https://twitter.com/City\\_of\\_Pullman](https://twitter.com/City_of_Pullman)



# November 2019



## Gardening with Nina!

"Autumn is a second spring when every leaf is a flower" *Albert Camus*. November is here, bringing cooler weather, falling leaves, and pumpkin spice to make everything nice for the holidays. However, with our first snow fall in September this season, winter is on its way, and it is **GO TIME** for completing those outside projects. Besides the never ending task of leaf pick up, there is the cutting down of perennials, cutting down of ornamental grasses, severe pruning on shrubs such as dogwood and chokecherry, pruning of trees, removing all annuals and vegetables for composting, fall fertilizing applications on the lawn, and shutting down the irrigation system for the year.. Lots to do and it's time to prioritize, for winter is coming. At Lawson Gardens vibrant colors still fill the landscape, exposing nature's beautiful changes.

Come see the paths paved in gold by golden leafs, sit under an umbrella of red maple, or watch squirrels harvest from the blanket of acorns under the large oaks. Located at 705 SE Derby Street, Lawson Gardens is Pullman's formal gardens and premiere park to visit, open dawn till dusk. This month we would like to introduce a new addition of public art to the park, this 8' concrete sculpture was created by featured artist Harold Balazs, and can be found in the rose garden. Currently all annual displays are becoming vacant, bulbs are being planted, and the perennial gardens prepared for next season. If you are interested in volunteering please contact management at 509-332-9786 or Pullman Parks and Recreation at 509-338-3227.

## Parks & Recreation Commission

### Current Members:

Rebecca Dueben  
Zachary Fredickson  
Lynda Hamilton  
Mick Nazerali, Chair  
Rod Schwartz  
Matthew Winchell  
Gulsima Young

### Meetings:

2nd Wednesday of each month  
at 6:30pm at City Hall

- ♦ Special meeting notices and cancellations posted at City Hall entrances, 325 SE Paradise St.

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We are now on the City of Pullman Facebook and Twitter accounts with all Parks & Recreation information, updates, and notices. Please join us at:

[www.facebook.com/CityOfPullman/](https://www.facebook.com/CityOfPullman/)  
[https://twitter.com/City\\_of\\_Pullman](https://twitter.com/City_of_Pullman)





# November 2019 (See our brochure for full listing of all of our programs)

## Discovery Zone

### Nerf Rival

It's time for you to step up to Nerf Rival and fire a 1" foam sphere up to 90 feet. Bring your own blasters and eye protection, we provide the ammo. Games will be played at the Pioneer Center playground/gym or we will walk to Kruegel Park. Bring a snack and a drink.

Instructor: Marlin Mangels

Pioneer Center

Ages: 12+

**Fri Nov 15 6:00-8:30pm \$12/\$14**

### Manners 101: Etiquette & Social Skills for Life!

A fast paced and fun skill-building class. Participants will learn the proper manners and skills for various social situations. Burping? Hats in restaurants? Elbows on the table? No! No! No! Learn how to set tables, use utensils in formal settings, and how to follow social rules! This class includes a snack with full table settings.

Instructor: Judi Dunn Gray

Pioneer Center

Ages: 7-12 yrs

**Sa Nov 16 9:00am-12:00pm \$25/\$27**

### Gymnastic Classes at GymKids

212 Rodeo Dr, Ste 510, Moscow, ID

### Lil Ninjas

This fast paced class focuses on obstacle course training, coordination, and strength. We'll develop our ninja traits and train our body at the same time.

Ages: 4 yrs-K

**Sa Nov 2-23 11:30am-12:00pm \$45/\$47**

### Ninja Fitness

In class students will be presented with challenges in agility and strength through the use of obstacle courses and our 20' rig. Basic floor tumbling skills, different types of vaulting, and jump on the Tumble Trak. Ages: 1st-2nd gr

**Sa Nov 2-23 12:00-12:45pm \$45/\$47**

### Girls Beginning Gymnastics

This introductory class is for those who are new to the sport of gymnastics. Beginning gymnastics including rolls, handstands, and cartwheels. Students will also work on vault, bars, beam, and trampolines.

Palouse Empire Gymnastics  
810 North Almon, Moscow, ID

Ages: 2nd-5th graders

**Sa Nov 2-23 11:00am-12:00pm \$70/\$72**

## THANK YOU!!

**To all the soccer coaches, parents, players and volunteers we extend our gratitude for another successful season! Soccer is over for another year and we couldn't have done it without your support.**

## Register TODAY!

## Boys & Girls Youth Basketball 2020

**Starting January 21st**

**\$45/\$47**

**Register online**

**[www.pullmanparksandrec.com](http://www.pullmanparksandrec.com)**

**Or call 509-338-3227**

## Youth Sports

### Skyhawks Sports: Basketball Clinic

Gear up for the upcoming basketball season! Skyhawks Sports basketball breaks down this exhilarating sport into fundamental skills that all athletes, no matter their skill level, need to succeed. Coaches will lead the athletes through game-speed drills and exercises focusing on; ball handling, passing, shooting, defense, and rebounding.

Sunnyside Elementary Gym

Ages: 6-12 yrs

**November 7-December 19**

**Th 6:00-7:00pm \$74/\$76**

**No class: November 28**



# November 2019 (See our brochure for full listing of all of our programs)

## General Recreation

### Introduction to Drawing for Adult Beginners

Please bring a set of graphite drawing pencils to each class. Pencil can be from any manufacturer and should include a range of hardness.

Instructor: Rhonda Skaggs

Location: Red Dog Art Room, Gladish Community & Culture Center

#### Session II

We'll work on shading and perspective, and introduce portrait and figure drawing basics.

**November 4-December 16**

M 1:00-2:15pm \$60/\$62

M 7:00-8:15pm \$60/\$62

### AHA First Aid & CPR/AED

#### American Heart Association

This class is for people that have the skills or are first time certifiers. The class meets all the First Aid CPR AED standards of OSHA and WISHA. Will include Blood Borne Pathogens. Participants receive a 2yr American Heart Association certification. Classes also meet the standards for Adult Daycares and Centers.

**Tu Nov 12 5:30-9:00pm \$58/\$60**

### Pullman Art Car: Adult Art Series

Learn how to create a variety of different projects from wooden farmhouse signs, wall hangings, and center pieces to enjoy for years to come! All supplies provided and included in fee.

Instructor: The Pullman Art Car Staff  
Pioneer Center

#### Session 2:

**November 18-22**

M-F 6:00-7:30pm \$165/\$167

#### 1. Barn Quilt

12x12 framed mini barn quilt

November 18

M 6:00-7:30pm \$35/\$37

#### 2. Countdown Christmas Farmhouse Style Sign

November 19

Tu 6:00-7:30pm \$35/\$37

#### 3. Snowman Pallet Sign

November 20

W 6:00-7:30pm \$35/\$37

#### 4. Farmhouse Centerpiece

Set of 3 mason jars

November 21

Th 6:00-7:30pm \$35/\$37

#### 5. Felt Floral Wall Hanging

November 22

F 6:00-7:30pm \$35/\$37

## Fitness

### Self Defense Seminar

Twenty percent of your effort and energy yield eighty percent of your results. Join us to learn the most decisive twenty percent of techniques to that will increase your confidence and keep you safe!

Instructor: Shane McFarland

Ages: 12+ yrs

**November 17**

**Su 11:00am-1:30pm \$45/\$47**

Bring a son or daughter for \$5 discount.

### Free! Tai chi for Health: Level 1

Tai chi for Health is easy to learn, effective and safe. It gently exercises the entire body, increasing flexibility, muscle strength, and heart/lung activity.

Instructor: Frances Davies

1620 SE Summit Ct

**November 19-December 17**

Tu 1:00-2:00pm

Registration required.

### Open Gym Volleyball

Pullman Open Gym Volleyball is free for anyone to participate. Come and play every Friday year round.

Ages: 14+ recommended

All skill levels welcome

Sunnyside Elementary Gym

**Fridays 6:30-8:45pm Free!**

## Aquatics

### New! Group Personal Training

Interested in developing and meeting your personal fitness goals? Join our ACE Certified personal trainer, Andrea Plotner to take your health and fitness to the next level.

Instructor: Andrea Plotner

PAFC Fitness Room

**November 6-December 4**

W 6:45-7:15pm \$40/\$42

No class: November 27

### Evening Circuit Weight Training

Come join in the evenings for a fun and upbeat workout throughout the fitness room! Interval Training alternates working different muscles during one workout with minimal rest.

Instructor: Andrea Plotner

PAFC Fitness Room

**November 4-November 25**

M 6:45-7:15pm \$24/\$26





# November 2019 (See our brochure for full listing of all of our programs)

## Active Adults

### New! Thursday Evening Crafting

Each evening participants will engage in a different crafting activity. The next session will be in Pullman and instructed by a local artist. Make and take project home, give as a gift, use for your holiday decorating, or even donate to the Holiday Bazaar. These classes are limited to 12, so register early. You will be paying for your own supplies at the class site, the craft projects cost from \$5-\$40, paid to instructor. Contact Monica at 509-338-3307 for supply list and cost. Home pick-up to begin 1-hr prior to departure. Fee includes: transportation.

Pullman Senior Center

### Holiday Wall Art

Th Nov 7 5:00-8:00pm Cost varies

### New! Holiday Center Piece

Travel to Flowers, Décor & More in Colfax to create your own holiday center piece. Shelly and her staff will help us design and decorate for the holiday season. Spend an evening enjoying creating and friends. Home pick-up to begin 1-hr prior to departure. Fee includes: class, escort, and transportation.

Flowers, Décor & More, Colfax, WA

### November 26

Tu 5:00-8:00pm \$65/\$67



### Jesus Christ Superstar & Holiday Shopping

Catch the Broadway production of Jesus Christ Superstar, with dinner prior to the show. Monica has made this an extra special trip with shopping the next day at Spokane Riverfront Park Mall and the traditional stop at Trader Joe's on the south hill. This is all in time for some early holiday gift gathering. Home pick-up to begin 1-hr prior to departure. Fee includes: admission to performance, hotel, escort, and transportation. Meals and shopping are not included.

### November 20-21

W-Th 10:00am-6:00pm

Single Occupancy: \$332/\$334

Double Occupancy: \$230/\$232

Spokane, WA

No refunds after October 19, as tickets are pre-purchased.

### New! Free! Exploring Cannabis Use & Industry

A series of presentations from different sections of the Cannabis industry. Monica has developed this series to educate and inform you about this growing Pacific Northwest industry. Presentations will include the possible benefits, opportunities, and regulations of an industry which has been around for years. The City of Pullman and Pullman Senior Center does not endorse or recommend the use of Cannabis. These are purely an educational series.

### November 19

Producer Owner

Tu 10:00am-12:00pm Free

### December 17

Legal/Law Enforcement

Tu 10:00am-12:00pm Free  
Pullman Senior Center

### Free! TED Talks & Discussion Times

Keep your mind fresh on topics and have a conversation about what you may have just watched. Monica, Senior Citizen Programs Coordinator has searched for various topics from loneliness, laughing, and our brain hurting from watching a program. If you are curious about these topics then join others for viewing and discussion.

Pullman Senior Center

### November 26

What makes a good life? Lessons from the longest study of happiness by Robert Waldringer

Tu 10:00am-12:00pm Free

### December 17

What makes you special? Mariana Atencio

Tu 10:00am-12:00pm Free

## Senior Center

### Yoga for Seniors

This class will develop the essence of Yoga with deep breathing, listening to what our body tells us, letting go of expectations, and accepting our bodies where they are today. Work on strengthening your posture muscles and developing increased flexibility of your limbs. Recommended equipment: yoga mat, small blanket, and pillow.

Instructor: Wiley Hollingsworth,  
Certified Senior Yoga Instructor  
Pullman Senior Center

### November 5-December 19

TuTh 10:00-11:00am \$33/\$35

# November 2019 Calendar

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1 Open Gym Volleyball	2 Lil Ninjas Ninja Fitness Girls Beg Gymnastics
3	4 Intro to Drawing: Adults Session II Evening Circuit Weight Training	5 Yoga for Seniors	6 Group Personal Training Bunco	7 Holiday Wall Art Movie & Lunch	8	9
10	11 Tube Time	12 First Aid/CPR	13 Holiday Bazaar	14	15 Nerf Rival WIBIT Time	16 Manners 101
17 Self Defense Seminar	18	19 Kids Safe Online Tai chi I Totally Tuesday	20 Tube Time Jesus Christ Superstar & Holiday Shopping	21 Coloring Club	22	23
24	25	26 Holiday Center-piece TED Talk	27 Social Support Group	28	29	30

Discovery Zone

Dance/Youth Sports/Martial Arts

General Recreation

Fitness & Wellness/Adult Sports

PAFC Programs

Senior Center

General Programs/Events